



Name: \_\_\_\_\_

## How to Read a Nutrition Facts Label

Nutrition labels give you the knowledge to choose the best foods for health and energy. Below, use your reading and math skills to analyze how potatoes stack up nutritionally.

**Calories and Calories from Fat** tell how many calories are in a serving, and how many of these calories come from fat.

**Serving Size** tells you the amount of food typically eaten at one time.

**% Daily Value** tells how much one serving counts toward your total needs for the day.

**The mineral potassium** is good for your blood pressure.

**Vitamin C** keeps your gums healthy for a beautiful smile.

**Carbohydrates** give energy to your brain for thinking and to your muscles for exercising.

**Calcium** is a mineral that helps build strong bones. Kids nine and older need at least 1,300 mg of calcium a day.

Nutrition Facts	
Serving Size 1 potato (148g/5.3oz)	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 720mg	21%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 4g	
Vitamin A 0% • Vitamin C 45%	
Calcium 2%	• Iron 6%
Thiamin 8%	• Riboflavin 2%
Niacin 8%	• Vitamin B <sub>6</sub> 10%
Folate 6%	• Phosphorous 6%
Zinc 2%	• Magnesium 6%

\*Percent Daily Values are based on a 2,000 calorie diet.

1. One potato contains 720 milligrams of potassium—21% of your Daily Value! A banana contains 400 mg of potassium. In percentages, how much higher in potassium is the potato than the banana? About 10 percent
2. Is the potato a low- or a high-calorie food and is it fattening? How do you know? Potatoes are low in calories and fat.
3. Imagine you ate one medium potato. What additional percentage of vitamin C do you need to eat to meet your daily requirement? 55 percent
4. One potato contains 3 grams of fiber, which is 12% of your Daily Value. About how many grams of fiber would add up to 100% of your Daily Value? 25 grams
5. After reading the label, do you think the potato is a healthful choice? List three reasons to support your answer. Sample answers: high in vitamin C and potassium, no fat, 100 calories, and good source of fiber.